

core material is a ceramic sintered material.

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5. (Amended) Method according to claim 1, characterised in that the

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core material has additional shaped elements provided on a peripheral surface of the core material for securing the core material against torsion in the work piece.

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6. (Amended) Method according to claim 5, characterised in that the additional shaped elements are constituted by a knurling that is provided on an outer peripheral surface of the core material.

7. (Amended) Method according to claim 1, characterised in that the core material tapers towards an outside of the work piece.

8. (Amended) Method according to claim 1, characterised in that a bore in which a displaceable punch connects the work piece to the core material is arranged in an extrusion sleeve liner.

9. (Amended) Method according to claim 8, characterised in that a displaceable ejector is provided as an abutment for the work piece or the core material in the bore.

10. (Amended) Method according to claim 8, characterised in that a constriction is provided in the bore as an abutment for the work piece or the core material.

11. (Amended) Method according to claim 8, characterised in that the punch is a hollow punch.

12. (Amended) Method according to claim 8, characterised in that the punch, at its end that faces the work piece or core material, has a clearance from the bore in the sleeve liner.

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13. (Amended) Method according to claim 8, characterised in that a further displaceable punch, to which force can be applied, is arranged in the punch.

14. (Amended) Method according to claim 1, characterised in that the work piece is a work piece of a valve system for internal combustion engines.
